

## Youth Classes

### SKATING: OC ROLLER KIDS

A fun way to keep your kids physically fit while building their confidence in roller skating. Students skate around the park performing various skating drills. Skaters to wear roller skates (no inlines or blades) and protective gear- helmet, knee pads, elbow pads, and wrist guards. Contact instructor for more info. All students receive a free T-shirt.

Parra, Elena Edison Community Center Patio

5249.300 6yrs to 13yrs 6/25 - 7/23 10:00am-11:00am Sa \$50

5249.301 6yrs to 13yrs 8/6 - 9/3 10:00am-11:00am Sa \$50

### SPANISH FOR FUN AND FOREVER

This program is fun and developmentally appropriate for children of all ages. Class is packed with visuals, songs, rhymes, movement activities and games. Children have opportunities to create language and play. Parents are welcome to attend, observe and participate. Class taught by credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Edison Community Center Hall B

5252.300 5yrs to 8yrs 7/12 - 8/30 3:15pm-4:00pm Tu \$92

Blades, Murnez Murdy Community Center Hall D

5253.300 5yrs to 8yrs 7/11 - 8/29 3:15pm-4:00pm M \$92

### SPANISH FOR FUN AND LIFE GRADES 5-8

A fun and interactive class, this conversational class is packed with visuals, songs, rhythms and learning games for rapid recall. Methods are based on recent brain research regarding language acquisition and taught by a credentialed teacher. \$5 material fee due at first class.

Blades, Murnez Murdy Community Center Hall C&D

5283.300 10yrs to 13yrs 7/11 - 8/29 4:00pm-5:00pm M \$92

### SPEED AND AGILITY: TRAINING CAMP FOR ATHLETES

A training camp focusing on acceleration, top speed sprint mechanics, explosive power, and multi-directional speed capability. Athletes participating in basketball, baseball, football, soccer, volleyball, tennis, softball, and lacrosse will benefit from this training camp. Classes will be held at the sports complex on the artificial turf sports fields.

Natzel, Robert Sports Complex Tournament Fields

5284.301 10yrs to 12yrs 6/25 - 7/30 2:00pm-3:00pm Sa \$126

5284.302 14yrs to 18yrs 6/23 - 7/28 2:00pm-3:00pm Th \$126

### SURFING: BEGINNER

Are you ready to take your skills to the next level? This 1-hour class is designed for beginners, and will help you improve your board riding ability, master basic skills and understand the ocean better. Must be at least 8 and proficient ocean swimmer. Boards/wetsuits can be provided.

Sharp, Bill Beach Service Center - south side of pier

5322.300 8yrs to 16yrs 9/7 - 9/28 3:00pm-4:00pm W \$120

### SURFING: INTERMEDIATE/ADVANCED

Do you want to take your surfing to the next level? World-renowned coach Bill Sharp will offer afternoon sessions for intermediate to advanced surfers who desire to improve their skills and learn competitive structure. Class meets for one hour, two times a week.

Sharp, Bill Beach Service Center - south side of pier

5323.300 10yrs to 16yrs 9/6 - 9/29 3:00pm-4:00pm Tu Th \$240

### YOGA: LITTLE YOGA MONKEYS

Little Yoga Monkeys is a uniquely designed program that introduces yoga to children ages 2 thru 7 in a fun way. A certified yoga instructor weaves animal name yoga postures into fun animal stories. Children get to use their imagination and creativity while joyfully mimicking animals, accompanied by theme and age appropriate music.

Little Yoga Monkeys Staff Lake View Clubhouse

5318.301 6yrs to 7yrs 6/22 - 7/13 12:00pm-12:30pm W \$43

5318.302 6yrs to 7yrs 7/20 - 8/10 12:00pm-12:30pm W \$43

5318.303 6yrs to 7yrs 8/17 - 9/7 12:00pm-12:30pm W \$43

No classes July 4

## Adult & Teen Classes

### AQUATIC BODYBUILDING: HYDRO-TONE

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental fee of \$3 per class to be paid each class.

Lowry, Dawnnette City Gym Pool

4314.303 12yrs to Adult 6/24 - 9/2 6:45am-8:00am F \$106

4314.301 12yrs to Adult 6/20 - 8/29 8:15am-9:25am M \$97

4314.302 12yrs to Adult 6/22 - 8/31 8:15am-9:25am W \$106

### AQUATIC EXERCISE: AQUA EVENING

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. No prerequisite for swimming ability. No equipment necessary.

Lowry, Dawnnette City Gym Pool

4311.301 12yrs to Adult 6/24 - 9/2 5:30pm-6:30pm F \$83

### AQUATIC EXERCISE: AQUA RHYTHMS

Work your body while having fun in this high energy Aquatic class. Combining basic Latin dance moves in a warm and gentle environment. Join the newest aqua craze and dance the pounds away!

Thurn, Debra City Gym Pool

4466.301 Adult 6/24 - 9/2 1:15pm-2:00pm F \$89

### AQUATIC EXERCISE: AQUA SCULPT

This class is a fun and enjoyable way to tone and sculpt your body. By combining a cardiovascular, fat burning workout, resistive bands, and resistive paddles, you will achieve muscle definition and strength. Perfect for people with a positive attitude towards health and fitness. No class July 4th.

Thurn, Debra City Gym Pool

4493.301 Adult 6/20 - 8/31 1:15pm-2:00pm M W \$153

### AQUATIC EXERCISE: AQUA-TONE AEROBICS

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. No class July 4th.

Lowry, Dawnnette City Gym Pool

4312.301 12yrs to Adult 6/20 - 8/31 7:00am-8:00am M W \$146

4312.302 12yrs to Adult 6/21 - 9/1 7:00am-8:00am Tu Th \$153

4312.303 12yrs to Adult 6/21 - 9/1 8:20am-9:20am Tu Th \$153

4312.304 12yrs to Adult 6/20 - 8/31 7:00am-8:00am M \$76

4312.305 12yrs to Adult 6/22 - 8/31 7:00am-8:00am W \$83

4312.306 12yrs to Adult 6/24 - 9/2 8:20am-9:20am F \$83

4312.307 12yrs to Adult 6/25 - 9/3 7:00am-8:00am Sa \$83

### AQUATIC EXERCISE: AQUACISE

Come challenge yourself in this extreme water workout. Designed to improve body tone, flexibility, cardiovascular strength and physical fitness through exercise performed in both shallow and deep water. All fitness levels will benefit. No prerequisite for swimming ability. No class July 4th.

Zsach, Alicia City Gym Pool

4310.301 13yrs to Adult 6/20 - 8/29 5:25pm-6:25pm M \$75

4310.302 12yrs to Adult 6/22 - 8/31 5:25pm-6:25pm W \$82

4310.303 13yrs to Adult 6/20 - 8/31 5:25pm-6:25pm M W \$152

# Adult & Teen Classes

## AQUATIC EXERCISE: FAT BURNING FRIDAYS

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. \$9 drop-in fee with additional 1 time sign-up fee of \$6.

Thurn, Debra City Gym Pool  
4313.301 Adult 6/24 - 9/2 11:15am-12:00pm F \$89

## AQUATIC THERAPY: AQUA ACTIVE

Water Exercise program for those with Arthritis to assist in relieving strain on muscles and joints. Participants are given the opportunity to do gentle activities in warm water with the guidance of a trained instructor. Swimming skills are not required. No class July 4th.

Thurn, Debra City Gym Pool  
4315.301 Adult 6/20 - 7/29 12:15pm-1:15pm M W F \$117  
4315.302 Adult 8/1 - 9/2 12:15pm-1:15pm M W F \$104  
4315.303 Adult 6/21 - 7/28 12:30pm-1:30pm Tu Th \$84  
4315.304 Adult 8/2 - 9/1 12:30pm-1:30pm Tu Th \$71

## ART: ACRYLIC PAINTING BASICS

In this class students will learn traditional and contemporary acrylic painting techniques. Glazes, mediums, brush techniques and color mixing along with modern day techniques will be explored. Students will work from photographic references, still-life and from their own imagination to create stunningly realistic/abstract interpretations. Materials list.

Francesco, Anna Marie Art Center Multipurpose  
4300.301 16yrs to Adult 6/11 - 7/30 12:00pm-2:00pm Sa \$96  
\*\$86 HBAC Members

## ART: ACRYLIC PAINTING INTERMEDIATE AND ADVANCED

Continue growing and learning on your painting journey. This class will enhance and compliment your existing experience and ability while taking your painting style to new heights. Previous basic painting experience is expected. Materials list.

Francesco, Anna Marie Art Center Multipurpose  
4301.301 Adult 6/11 - 7/30 2:30pm-4:30pm Sa \$96  
\*\$86 HBAC Members

## ART: BEGINNING OIL PAINTING

Learn the fundamentals of oil painting. Students will be introduced to the media, techniques, color theory, structural and expressive properties of oil painting and design using oil paints. All levels welcome. Material list. \$10 material fee due at first class.

Oquist, Courtney Art Center Studio  
4468.301 13yrs to Adult 6/22 - 7/13 4:30pm-6:30pm W \$86  
4468.302 13yrs to Adult 7/20 - 8/10 4:30pm-6:30pm W \$86  
\*\$78 HBAC Members

## ART: BOOKBINDING FUNDAMENTALS

Learn how to make your own book with Carleton Christy (MFA). This new introductory course will familiarize students with the basic materials (paper, cloth, board, and adhesives) and techniques (folding, sewing, gluing) of bookbinding. Students will complete three book projects. \$20 material fee due at first class.

Carleton, Christy Art Center Studio  
4488.301 13yrs to Adult 6/25 - 8/27 2:00pm-4:00pm Sa \$141  
\*\$127 HBAC Members

## ART: DIGITAL PHOTOGRAPHY BEGINNING

This six week course, taught by photographer Kurt Weston (MFA) offers digital photography skills. Students work at their own individual levels. Using the digital camera of their choice, students will explore lighting, color, texture, composition, and other subject matter to achieve a solid grounding in both technical and creative photographic processes.

Weston, Kurt Art Center Multipurpose  
4304.301 16yrs to Adult 6/23 - 7/28 3:30pm-5:30pm Th \$91  
\*\$82 HBAC Members

## ART: DIGITAL PHOTOGRAPHY INTERMEDIATE

This six week course, taught by photographer Kurt Weston (MFA) reinforces and enhances the basic concepts and skills acquired in the Beginning Digital Photography Class. Course emphasis is on the refinement of basic technical skills and the development of a personal direction in photography.

Weston, Kurt Art Center Multipurpose  
4305.301 16yrs to Adult 6/23 - 7/28 1:30pm-3:30pm Th \$91  
\*\$82 HBAC Members

## ART: DRAWING AND PAINTING

Maximize your time! This class is designed for beginning and intermediate students who would like to learn necessary skills of drawing and painting. Learn at your own pace and boost your confidence by learning in a supportive atmosphere. The lessons will be alternated, drawing one week, painting the next. Materials list.

Kent, Pati Art Center Studio  
4302.301 12yrs to Adult 6/21 - 7/19 6:00pm-7:30pm Tu \$91  
\*\$82 HBAC Members

## ART: DRAWING AND PAINTING ON LOCATION

Offered only in the summer, this class for students (ages 13 - adult) will meet at various locations in Huntington Beach. No prior art experience is necessary. The first class meets in the HBAC's Studio, and will cover basic skills. Each week thereafter, class meets on location for 2 hours of drawing and painting. A map is provided at the first class. Materials list.

Kent, Pati Art Center Studio  
4302.302 12yrs to Adult 7/26 - 8/23 6:00pm-8:00pm Tu \$91  
\*\$82 HBAC Members



# Adult & Teen Classes

## ART: RUBBER STAMPING

Save money while impressing your family and friends with some handmade greeting cards and gifts. Learn creative ways to make gift bags/boxes, stamp on candles and other items. You'll go home with your own hand-created items from each class. \$10 material fee due at first class. No class July 4 & 13.

Husting, Margaret Murdy Community Center Hall C&D  
4395.300 13yrs to Adult 6/23 - 9/1 1:00pm-2:00pm Th \$77

Husting, Margaret Rodgers Senior Center Hall E  
4396.301 13yrs to Adult 6/22 - 8/31 9:00am-10:00am W \$77

## ART: SILVER JEWELRY

Students will be able to learn several different skills while creating their own silver clay jewelry. Two projects will be completed depending on each individual's skill and speed. Walk away with a finished work in silver clay. \$58 material fee due at first class.

Jewelry Studio, Verona Tang Art Center Studio

3603.301 13yrs to Adult 6/22 - 7/6 5:45pm-7:45pm W \$66

\*\$60 HBAC Members

3603.302 13yrs to Adult 7/13 - 7/27 5:45pm-7:45pm W \$66

\*\$60 HBAC Members

3603.303 13yrs to Adult 6/23 - 7/28 5:45pm-7:45pm Th \$126

\*\$114 HBAC Members

## BEACH VOLLEYBALL: ADULT ACADEMY BEGINNERS

This adult program focuses on fundamental skills and strategies of the game. Beginner players will be taught by our experienced beach volleyball coaches. Sessions will be structured around progression from skill development drills, to applying the skill in a game situation. Class is taught at the beach courts north of the pier.

California Beach Volleyball Beach Courts, North of Pier

4438.301 Adult 6/20 - 8/22 6:20pm-7:40pm M \$150

4438.302 Adult 6/21 - 8/23 5:30pm-6:50pm Tu \$150

## BEACH VOLLEYBALL: ADULT ACADEMY INTERMEDIATE

This adult program is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by our experienced beach volleyball coaches will be structured around a progression from skill development drills, to applying the skill in a game situation. Class is taught at the beach courts north of the pier.

California Beach Volleyball Beach Courts, North of Pier

4484.301 Adult 6/23 - 8/25 5:30pm-6:50pm Th \$150

## BEACH VOLLEYBALL: GIRLS ACADEMY

This Youth Academy Program involves high quality training focused on mastering fundamental skills and strategies at the 2 a side game. Sessions will be structured around progression from skill development to applying those skills in a game situation. Class is taught at beach courts north of the pier.

California Beach Volleyball Beach Courts, North of Pier

4444.301 15yrs to 18yrs 6/20 - 8/22 5:00pm-6:15pm M \$150

## BEACH VOLLEYBALL: SAND CONDITIONING

This is a sand based fitness program, beneficial to anyone who wants an intense, uniquely different workout. The program is based around movements specific to beach volleyball. Many of the stations replicate movement patterns that benefit all athletes. Workout consists of stations of activity and rest. Class is taught at beach courts north of the pier.

California Beach Volleyball Beach Courts, North of Pier

4442.301 15yrs to Adult 6/21 - 8/23 7:00pm-7:40pm Tu \$80

4442.302 15yrs to Adult 6/23 - 8/25 7:00pm-7:40pm Th \$80

No classes July 4

## BEACH VOLLEYBALL: SOCIAL 4-A-SIDE LEAGUE

Sharpen your volleyball skills in a fun and friendly environment by registering your Co-ed team for this 10-week league. Initial grading over the first two weeks will seed you for the competition culminating in a finals night. As many people on your team as you like, but only 4 on the court at any time. Team captain signs up online. \$250 per team.

California Beach Volleyball Golden West College Sand Courts

7908.300 15yrs to Adult 6/23 - 8/25 6:00pm-8:00pm Th \$250

## BRIDGE: BEGINNING

This class is for adults who are new to bridge or need a review. You do not need a partner. Party bridge, as the name implies, is fun. No class July 4th. Class consists of lecture, discussion and play. American Standard, Goren will be taught.

Spira, Rita Rodgers Senior Center Hall E

4318.301 Adult 6/20 - 8/15 2:00pm-4:00pm M \$54

## BRIDGE: INTERMEDIATE 1

If you are more than a beginner but less than an expert, this class is for you. Learn new conventions and review old ones. Class consists of lecture, discussion and play. No partner needed. Come have fun. No class July 5th.

Spira, Rita Rodgers Senior Center Hall E

4319.301 Adult 6/21 - 8/16 2:30pm-4:30pm Tu \$54

## BRIDGE: INTERMEDIATE 2

This is a faster paced class with pre-set hands, with discussion. Improve your bidding and defensive play. Learn additional conventions and rules for the game. No partner required. No class July 6th.

Spira, Rita Rogers Senior Center Hall E

4320.301 Adult 6/22 - 8/17 6:30pm-8:30pm W \$54

## CAKE DECORATING I

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Materials are extra. Provide your own materials from a supply list that will be given the first day of class.

Mejia, Helen Murdy Community Center Hall C

4321.300 12yrs to Adult 6/21 - 7/12 6:00pm-8:00pm Tu \$50

4321.301 12yrs to Adult 7/19 - 8/9 6:00pm-8:00pm Tu \$50

4321.302 12yrs to Adult 8/16 - 9/6 6:00pm-8:00pm Tu \$50

4321.303 12yrs to Adult 7/19 - 8/9 10:30am-12:30pm Tu \$50

## CAKE DECORATING II

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating - in just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Mejia, Helen Murdy Community Center Kitchen

4481.300 13yrs to Adult 8/10 - 8/31 6:00pm-8:00pm W \$50

4481.301 13yrs to Adult 8/16 - 9/6 10:30am-12:30pm Tu \$50

## CAKE DECORATING III

Learn to you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating - in just four weekly fun filled two-hour classes. Materials are extra. Why not bring a friend? Provide your own materials from a supply list that will be given the first day of class.

Mejia, Helen Murdy Community Center Kitchen

4482.300 13yrs to Adult 7/21 - 8/11 6:00pm-8:00pm Th \$50



# Adult & Teen Classes

## CONTEMPORARY DESIGN JEWELRY

Learn how to put your creative ideas in designing and bringing life to your personal jewelry. Learn to rejuvenate your grandmother's antiques and/or to professionally display the shape, size, and color of your gemstones. Knotting and wire-wrapping techniques required. \$20 material fee due at first class.

Tran, Vinh Murdy Community Center Hall D  
4478.300 Adult 8/2 - 8/16 6:00pm-8:30pm Tu \$95

## CONTEMPORARY JEWELRY MAKING 1

Basic introduction and guide to making jewelry with genuine semi precious gems such as pearl, jade, aquamarine, tourmaline, peridot, turquoise and coral. You will learn to bead and knot professionally between the beads to make different styles of single/multiple strands. \$12 material fee due at first class, plus tools may be purchased from instructor.

Tran, Vinh Murdy Community Center Hall D  
4323.300 Adult 6/21 - 7/5 6:00pm-8:30pm Tu \$75

## CONTEMPORARY JEWELRY MAKING 2

Learn to make pendants, earrings, rings, charm bracelets, and necklaces, using wire-wrapping techniques, silk cords and leather. Tools are required (cost approximately \$30 - or less if some already owned in Class 1). Jewelry Making 1 and 2 are separate classes, and you may take one or both. Instruction on how to buy gemstones will be provided.

Tran, Vinh Murdy Community Center Hall D  
4324.300 Adult 7/12 - 7/26 6:00pm-8:30pm Tu \$75

## DANCE: ADULT BALLET

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? This class is for you! Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class free.

Huntington Academy of Dance 16601 Gothard St., Suite A  
4326.300 13yrs to Adult 7/6 - 8/10 7:30pm-8:30pm W \$60

Huntington Academy of Dance City Gym Room A  
4487.300 15yrs to Adult 7/11 - 8/8 7:00pm-8:00pm M \$50

## DANCE: BALLROOM AND SWING

Gain skill and confidence for dancing at any venue. Session I: Waltz and East Coast Swing - Learn patterns in the elegant Waltz and jazzy East Coast Swing. Session II: Tango and East Coast Swing - Learn patterns in the romantic Tango. No partner required. No class July 4.

Fox, Kaylaa Edison Community Center Hall A  
4328.300 18yrs to Adult 6/20 - 7/25 7:00pm-8:00pm M \$49  
4328.301 18yrs to Adult 8/1 - 8/29 7:00pm-8:00pm M \$49

## DANCE: BELLY DANCE

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Eckart, Maruja Murdy Community Center Hall C&D  
4329.300 12yrs to Adult 6/20 - 7/25 7:00pm-8:00pm M \$60  
4329.301 12yrs to Adult 6/24 - 7/29 10:30am-11:30am F \$60

## DANCE: BELLY DANCING INTERMEDIATE/BEGINNING

Come and enjoy the exotic art of belly dancing. Learn the exciting moves of Turkish and Moroccan dance. Great exercise and loads of fun. Belly dancing tones muscles, improves coordination, and builds self-confidence.

Eckart, Maruja City Gym Room A  
4330.300 12yrs to Adult 6/21 - 7/26 7:00pm-8:00pm Tu \$60

## DANCE: COUNTRY LINE DANCE

Country Line Dance is an easy and fun way to dance to country music and is great exercise, too. Learn classics and latest line dances. No partner needed. \$2 material fee due at first class.

Fox, Kaylaa Murdy Community Center Hall C&D  
4462.300 Adult 6/23 - 7/14 6:30pm-7:30pm Th \$45  
4462.301 Adult 7/21 - 8/11 6:30pm-7:30pm Th \$45

## DANCE: LINE DANCE FITNESS BEGINNING 1 & 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

Hazard, Suzy Rodgers Senior Center Hall A  
4460.301 Adult 6/15 - 8/3 2:15pm-3:30pm W \$45

## DANCE: LINE DANCE INTERMEDIATE 3 & 4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

Hazard, Suzy Rodgers Senior Center Hall A  
4461.301 Adult 6/15 - 8/3 1:00pm-2:30pm W \$45

## DANCE: LINE DANCE INTRODUCTION

Have fun while learning the basic steps and applying them in easy line dances, as well as how to read dance step sheets. Invite a friend so you can both experience the mental and physical benefits of dance and the joy of moving to music. Certified dance instructor with over 20 years experience.

Hazard, Suzy Rodgers Senior Center Hall A  
4459.301 Adult 6/17 - 8/5 3:00pm-4:30pm F \$45

## DANCE: POLYNESIAN BEGINNING

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly-Pre-registration is required.

Seanoa, Melody Art Center Multipurpose  
4333.301 13yrs to Adult 6/21 - 8/9 6:00pm-7:00pm Tu \$107  
\*\$97 HBAC Members

## DANCE: POLYNESIAN INTERMEDIATE

Aloha! By popular demand, we have added this continuation class for students that have completed the beginners' class. Just as much fun as the beginners' class, the art of Hawaiian Hula and Tahitian dance fills quickly. Pre-registration is required.

Seanoa, Melody Art Center Multipurpose  
4334.301 13yrs to Adult 6/21 - 8/9 7:00pm-8:00pm Tu \$107  
\*\$97 HBAC Members

## DANCE: SALSA

Easy to learn today's hottest dance and featured on TV dance shows. You'll learn the basics to make you look good on the dance floor. \$2 material fee. No partner required.

Instructor Kaylaa Fox  
4335.300 Adult 6/23-7/14 7:30-8:30pm Th \$45  
4335.300 Adult 7/21-8/11 7:30-8:30pm Th \$45

# Adult & Teen Classes

## DANCE: SALSA INTERMEDIATE

Fun, great nightclub dance patterns make Salsa Intermediate the one-of-a-kind class you just have to take. Now you can socialize on the dance floor to fantastic salsa music. No partner necessary. \$2 material fee due at first class.

Fox, Kaylaa		Murdy Community Center Hall C&D			
4337.300	Adult	6/23 - 7/14	8:30pm-9:15pm	Th	\$45
4337.301	Adult	7/21 - 8/11	8:30pm-9:15pm	Th	\$45

## DANCE: STREET DANCIN'

Work your body while having fun in this high energy dance workout! Hottest pop and hip-hop beats blast through D.J sound system. Colored lights create atmosphere when dark enough. (Tennis or jazz shoes, clothes you can move and stretch in).

Harrington-Dewe, Cyndi		City Gym Room A			
4338.300	12yrs to Adult	6/22 - 7/20	7:00pm-8:00pm	W	\$45

## DANCE: STREET DANCIN' PLUS

For developmentally disabled pre-teens, teens, and young adults. This class incorporates a variety of styles of dance and music as well as self-esteem boosting exercises and games. Activities might also include karaoke style or sign language to music. Parents of new students please plan to stay and observe the first day to determine if your supervision is required.

Harrington-Dewe, Cyndi		City Gym Room A			
4427.300	12yrs to Adult	6/22 - 7/20	5:15pm-6:15pm	W	\$45

## DANCE: SWING ADVANCED

Move way beyond the basics with 4, 6, 8, and extended advanced swing: rhythms that will challenge you and make you shine on the dance floor. Never the same class twice, and no partner necessary.

Fox, Kaylaa		Murdy Community Center Hall A			
4341.300	Adult	6/30 - 7/28	7:15pm-8:15pm	Th	\$45
4341.301	Adult	8/4 - 9/1	7:15pm-8:15pm	Th	\$45

## DANCE: SWING BASICS

The easiest of the swing styles of dance is East Coast swing. You'll get onto the dance floor quickly to amuse yourself and amaze your family and friends! Never the same class twice. No partner necessary. See why this joint is jumping!

Fox, Kaylaa		Murdy Community Center Hall A			
4339.300	Adult	6/30 - 7/28	8:15pm-9:15pm	Th	\$45
4339.301	Adult	8/4 - 9/1	8:15pm-9:15pm	Th	\$45

## DANCE: SWING INTERMEDIATE

Combine and expand on your basic swing skills. Move beyond the basics to explore Lindy hop, West Coast and Charleston rhythms that will make your dancing more enjoyable. Never the same class twice, and no partner necessary.

Fox, Kaylaa		Murdy Community Center Hall A			
4340.300	Adult	6/30 - 7/28	6:15pm-7:15pm	Th	\$45
4340.301	Adult	8/4 - 9/1	6:15pm-7:15pm	Th	\$45

## DANCE: TAP ADULTS AND SENIORS BEGINNING

No experience needed. Learn to tap in a fun friendly environment. A Broadway style tap routine will be taught. Guaranteed to increase balance and memory.

Roseth, Renee		Rodgers Senior Center Hall D			
4342.301	Adult	6/20 - 9/5	5:00pm-6:00pm	M	\$150
4342.302	Adult	6/23 - 9/8	5:00pm-6:00pm	Th	\$150

## DANCE: TAP ADULTS AND SENIORS ADVANCED

Experience required. Advanced routine will be taught in a fun-filled environment. Dance! Love! Laugh!

Roseth, Renee		Rodgers Senior Center Hall D			
4476.301	Adult	6/21 - 9/6	6:00pm-7:00pm	Tu	\$150
4476.302	Adult	6/22 - 9/7	3:00pm-4:00pm	W	\$150

## DANCE: TAP ADULTS AND SENIORS INTERMEDIATE

Experience required. A fun, relaxed environment. Dance-Laugh-Love to the sound of music. An Intermediate routine will be taught.

Roseth, Renee		Rodgers Senior Center Hall D			
4343.301	Adult	6/20 - 9/5	6:00pm-7:00pm	M	\$150
4343.302	Adult	6/22 - 9/7	2:00pm-3:00pm	W	\$150
4343.303	Adult	6/23 - 9/8	6:00pm-7:00pm	Th	\$150

## DANCE: WESTCOAST SWING

This is one of the most versatile and fun dances since it can be danced to almost any kind of music. If you learn only one dance this should be it! \$2 material fee due at first class. No partner required. No class July 4.

Fox, Kaylaa		Edison Community Center Hall A			
4434.300	Adult	6/20 - 7/25	8:00pm-9:00pm	M	\$49
4434.301	Adult	8/1 - 8/29	8:00pm-9:00pm	M	\$49

## DOG TRAINING:

### CALLING ALL FRISBEE DOGS

Here's your chance to spend an afternoon learning the basics of Canine Frisbee from a top Disc-dog competitor, David Procidia. Please bring dog with current vaccination records, water and a lawn chair. Material fee of \$5.00 due at first class (includes a Frisbee). Pre-registration is required.

Dog Services Unlimited		Dog Park			
4347.301	15 yrs to Adult	7/10	8:00am-11:00am	Su	\$42

## DOG TRAINING:

### AKC CANINE GOOD CITIZEN CERTIFICATE

If your dog knows and obeys basic obedience commands, and is relaxed and friendly around other dogs and people, then he is a good candidate for this American Kennel Club sponsored program. Please call (714) 532-3647 if you'd like a list of the 10 skills tested. Bring dogs with current vaccination record to first meeting.

Dog Services Unlimited		Edison Community Center Picnic #1			
4344.300	9yrs to Adult	8/2 - 8/9	8:30pm-9:15pm	Tu	\$25

## DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Accomplish your training goals and get behavior problems under control within a limited period of time. For dogs 5 months or older; vaccinations must be current. Pre-registered students will be contacted regarding what to bring to the first class meeting. Bring dogs to all meetings.

Dog Services Unlimited		Murdy Community Center Patio			
4352.300	9yrs to Adult	8/8 - 8/29	6:00pm-7:15pm	M	\$74



# Adult & Teen Classes

## DOG TRAINING: DOG OBEDIENCE BEGINNING

For dogs six months and older. Handlers ages 9 years to adult. Course includes all novice obedience commands, intro to off-leash and long distance techniques, and pointers on correcting bad habits such as destructive chewing, hole digging, etc. Trophies and certificates awarded. First meeting held without dogs.

Dog Services Unlimited Murdy Community Center Patio  
4345.300 9yrs to Adult 7/7 - 8/25 7:00pm-8:00pm Th \$82

Dog Services Unlimited Edison Community Center Picnic #1  
4346.300 9yrs to Adult 6/21 - 8/9 7:30pm-8:30pm Tu \$82  
4346.301 9yrs to Adult 6/29 - 8/17 6:00pm-7:00pm W \$82

## DOG TRAINING: FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs. \$10 material fee due at first class.

Haney, Katherine Central Park by Dog Park  
4421.300 15yrs to Adult 7/9 - 9/3 9:00am-10:00am Sa \$85

## DOG TRAINING: IN HOME

A private, one-on-one training course in the privacy of your home. A trainer with Hacienda Hills Obedience Club will be scheduled to meet with you for three one hour sessions at a time convenient to your busy schedule. Includes basic obedience commands and personalized help with correcting bad habits. This class is for dogs 2 months to 7 years old.

Dog Services Unlimited To be announced  
4348.300 2mths to Adult 6/20 12:00am-12:00am Su M \$235

## DOG TRAINING: PUPPY KINDERGARTEN

Young pups between two and five months old will learn to get along with each other socially. Basic commands such as heel, sit, stay, come and down will be introduced. Discussions on dog care topics and behavior problems are included. First meeting held without dogs.

Dog Services Unlimited Edison Community Center Picnic #1  
4349.300 9yrs to Adult 6/21 - 7/26 6:30pm-7:30pm Tu \$71

Dog Services Unlimited Murdy Community Center Patio  
4350.300 9yrs to Adult 7/7 - 8/11 8:00pm-9:00pm Th \$71

## FENCING: BEGINNING

Learn fencing, the ancient art of nobility and one of the four original Olympic events. Students will learn basic footwork, attacks, defense, and strategy. Bring tennis shoes and comfortable clothes. \*Protective mask, jacket and foil will be provided for \$10, payable at first class.

Orange Coast, Fencing Murdy Community Center Hall A  
4354.300 13yrs to Adult 7/13 - 8/3 7:15pm-8:15pm W \$50  
4354.301 13yrs to Adult 8/10 - 8/31 7:15pm-8:15pm W \$50

## FENCING: INTERMEDIATE

Take your skills to the next level! This class introduces more attacks, defenses and improves your footwork.

Orange Coast Fencing Murdy Community Center Hall A  
4355.300 13yrs to Adult 7/13 - 8/3 8:20pm-9:10pm W \$50  
4355.301 13yrs to Adult 8/10 - 8/31 8:20pm-9:10pm W \$50

## Parks & Recreation...

### "Instill Teamwork"

...The Benefits Are Endless

## FITNESS: BOOT CAMP BASICS

Get back to basics with this Intro to Boot Camp Workout. This class offers the same great exercises as traditional Boot Camp taken at a slower pace perfect for the beginner. All levels of fitness welcome. Compete only against yourself.

Fitness Specialties Edison Community Center Hall C&D  
4357.300 13yrs to Adult 6/23 - 8/25 6:15pm-7:15pm Th \$69

## FITNESS: BOOT CAMP WORKOUT

Fun and energizing exercise class. A short running session followed by sit-ups, push-ups, and light weights. Everything for a full-body workout. All levels of fitness welcome. Compete only against yourself.

Fitness Specialties Edison Community Center Hall A  
4358.300 13yrs to Adult 6/21 - 8/23 5:45pm-6:45pm Tu \$69

## FITNESS: CARDIO BODY BLAST

Burn 1000 calories, tone, sculpt and strengthen! Zumba® - Dance up your heart rate... Cardio Boot Camp™ - Total body circuit training workout... Core Strength Training - Warm-down with core area exercises. Cardio Body Blast™ is best suited for intermediate to advanced level exercisers. [www.ocbodybusiness.com](http://www.ocbodybusiness.com)

Body Business Edison Community Center Hall A  
4483.300 Adult 6/21 - 7/19 7:15pm-8:30pm Tu \$69  
4483.301 Adult 8/2 - 8/30 7:15pm-8:30pm Tu \$69

## FITNESS: CARDIO BOOT CAMP

Cardio Boot Camp is a high-energy, outdoor, circuit training class. Burn calories, increase lean muscle mass, improve overall fitness, and lose body fat. Cardio Boot Camp is designed for all level exercisers. Bring good running shoes, a mat, light hand weights, and water. For more info visit [www.ocbodybusiness.com](http://www.ocbodybusiness.com)

Body Business Edison Community Center Picnic #1  
4419.300 18yrs to 75yrs 6/20 - 7/22 5:30am-6:30am M W F \$149  
4419.301 18yrs to 75yrs 8/1 - 8/30 5:30am-6:30am M W F \$149

## FITNESS: FAMILY MARTIAL ARTS

Enjoy working out with all family members. Ancient art of Korean Tang Soo Do is a traditional art with a 2000 year legacy. Minimum one adult and one child per family unit. \$70 up to 3 family members, \$4 per extra person for one day a week. For Tuesday AND Thursday class, \$95 fee up to 3 family members, \$5 extra person.

Cardinal, Frances Rodgers Senior Center Hall B  
4386.301 3yrs to 99yrs 6/21 - 8/30 5:00pm-6:00pm Tu \$70  
4386.302 3yrs to 99yrs 6/23 - 9/1 5:00pm-6:00pm Tu Th \$70  
4386.303 3yrs to 99yrs 6/21 - 9/1 5:00pm-6:00pm Tu Th \$95

## FITNESS: FAT BURNING BLAST - CARDIO, CORE AND YOGA

Students will work on core strength stability exercises, strength training and learn yoga poses and breathing to help build strength, lose weight, and reduce stress. The overall result will be a more fit, flexible body. The class is 90 minutes. All levels of fitness welcome. Bring a stability ball and yoga mat.

Trifiletti, Carol Ann Edison Community Center Game Room  
4472.300 Adult 6/21 - 8/9 6:00pm-7:30pm Tu \$70





# Adult & Teen Classes

## FITNESS: HEAD TO TOE WORKOUT/STEP COMBO

Target your hips and thighs with the latest equipment and techniques, different sizes of hand weights and resistance bands. Exercises are safe and emphasize injury prevention working all muscle groups for a total body workout. Bring mat. \*Take Firming Hips and Step together and save. No class July 4th.

Hardy, Susan Murdy Community Center Hall A  
4424.300 13yrs to Adult 6/20 - 8/26 8:30am-10:00am M W F \$124

## FITNESS: HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands, and tubes as resistance this class targets hips and thighs. Exercises are safe and emphasize injury prevention. Bring a mat. \*Take Head to Toe and Step Combo together and save. No class July 4th.

Hardy, Susan Murdy Community Center Hall A  
4363.300 13yrs to Adult 6/20 - 8/26 8:30am-9:15am M W F \$102  
\*4424.300 13yrs to Adult 6/20 - 8/26 8:30am-10:00am M W F \$124

## FITNESS: HOOP DANCE

Come and join the Hooping sensation! Hoop Dance fitness can burn up to 600 calories per hour. Using weighted, colorful hula hoops, you will learn to flow gracefully within the hoop while strengthening and transforming your body with play! Beginners are encouraged, hoops are available to borrow or for sale. Class held outdoors.

McCarty, Sonja Lake Park  
4496.300 13yrs to Adult 7/12 - 7/14 10:00am-11:15am Tu Th \$50  
4496.301 13yrs to Adult 7/25 - 7/27 10:00am-11:15am M W \$50

McCarty, Sonja Rodgers Senior Center Hall B  
4497.300 Adult 7/16 - 7/23 10:00am-11:15pm Sa \$50

## FITNESS: JAZZERCISE

America's #1 dance fitness program incorporating Salsa, Jazz, Hip-hop, Swing and more into a follow the leader class structure. Class is co-ed and designed for all fitness levels. 30+ years at this location. Bring a towel or mat and hand weights, if desired. Walk-ins welcomed, \$15. Class times M,W,F 9:00-10:05am; TTH 6:00-7:05pm; Sat 7:45-8:45am.

Wilker, Mary City Gym Gymnasium  
4364.301 13yrs to Adult 6/20 - 8/26 9:00am-10:00am M W F \$40  
4364.302 13yrs to Adult 6/21 - 9/1 6:00pm-7:00pm Tu Th \$55  
4364.303 13yrs to Adult 6/25 - 9/3 7:45am-8:45am Sa \$25

## FITNESS: KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class.

Fitness Specialties Murdy Community Center Hall A  
4360.300 13yrs to Adult 6/21 - 8/23 7:00pm-8:00pm Tu \$69

## FITNESS: KICKBOXING BODY CONDITIONING WORKOUT

Combine the fun upbeat moves of kickboxing with a focus on conditioning for a complete full body workout. Students of every level will follow a kickboxing aerobic segment and have fun punching a bag. Add light weights, sit-ups, push-ups and more and you've got the ultimate kickboxing body conditioning workout.

Fitness Specialties Edison Community Center Hall C&D  
4359.300 13yrs to Adult 6/23 - 8/25 7:15pm-8:00pm Th \$69

## FITNESS: PILATES MAT CLASS

A 10 week course designed to tone and strengthen your abs, back, thighs and arms. Pilates will improve flexibility, posture, coordination and body awareness. Class incorporates exercise balls, thera-bands and magic circles. Make the commitment to living and moving well with Pilates. All levels welcome. Bring an exercise mat. No class July 4.

HB Pilates, Bronwen Finta Edison Community Center Hall B  
4365.300 Adult 6/20 - 8/29 6:30pm-7:30pm M \$110  
4365.301 Adult 6/20 - 8/29 7:30pm-8:30pm M \$110  
4365.302 Adult 6/21 - 8/23 9:00am-10:00am Tu \$110

HB Pilates, Bronwen Finta City Gym Room A  
4366.300 Adult 6/22 - 8/24 9:00am-10:00am W \$110  
4366.301 Adult 6/23 - 8/25 6:00pm-7:00pm Th \$110

HB Pilates, Bronwen Finta Murdy Community Center Hall B  
4465.300 Adult 6/11 - 8/27 9:00am-10:00am Sa \$110  
4465.301 Adult 6/7 - 8/23 7:15pm-8:15pm Tu \$110

## FITNESS: SLIM & TRIM BY GEORGIA

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

Spidle, Georgia Edison Community Center Hall A  
4367.300 13yrs to Adult 6/20 - 9/2 9:00am-10:00am M W F \$75

Spidle, Georgia Murdy Community Center Hall A  
4368.300 13yrs to Adult 6/21 - 9/1 9:00am-10:00am Tu Th \$70

## FITNESS: STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4, 6, or 8 inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Take "Head to Toe Workout/Step Combo" together and save. No class July 4th.

Hardy, Susan Murdy Community Center Hall A  
4370.300 13yrs to Adult 6/20 - 8/26 9:15am-10:00am M W F \$102  
\*4424.300 13yrs to Adult 6/20 - 8/26 8:30am-10:00am M W F \$124

## FITNESS: STEP N BOOT CAMP

Fun, easy fast pace drills, step combinations, and low impact moves to burn calories. Hand weights and steps provided for an effective, energizing workout.

Fitness Specialties Edison Community Center Hall A  
4369.300 13yrs to Adult 6/21 - 8/25 8:45am-9:45am Tu Th \$85

## FITNESS: STEP TRAINING AND MORE

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. No class July 4.

Hardy, Susan Edison Community Center Hall A  
4371.300 13yrs to Adult 6/20 - 8/26 5:15pm-6:15pm M W F \$108  
4371.301 13yrs to Adult 6/25 - 8/13 8:30am-9:30am Sa \$39

## FITNESS: THE TANG SOO DO TRIPLES

The Ancient Art of Tang Soo Do is a traditional art with a 2000 year legacy. Basic blocks, kicks, punches, forms and self defense will be featured. Korean language, history, introduction. Take 3 and save \$. Please note: Saturday class is 10:00 am - 12:00 pm. No class on July 2, Aug. 6 and Sept. 3.

Cardinal, Frances Rodgers Senior Center Hall B  
4490.301 All ages 6/14 - 9/1 6:00pm-7:30pm Tu Th Sa \$130

No classes July 4

# Adult & Teen Classes

## FITNESS: TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow Total Body Stretch class will help make stretching a part of your wellness routine. Bring an exercise mat and prepare to stretch, relax, and renew. No class July 4 or August 1.

Paul, Sue  
Rodgers Senior Center Hall A & B  
4372.301 Adult 6/27 - 8/29 5:30pm-6:30pm M \$51

## FITNESS: WEEKEND WARRIORS MARTIAL ARTS

Students will be introduced to the basics of Tang Soo Do. Basic blocks, kicks, punches, forms and self defense will be featured. Opportunities for advancement. No classes August 6.

Cardinal, Frances  
Rodgers Senior Center Hall A  
4447.301 12yrs to Adult 7/9 - 8/27 10:00am-12:00pm Sa \$45

## FITNESS: ZUMBA®

It's different! Effective! Zumba® body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-burning, body-energizing fun. Ditch the workout - Join the Party! [www.sockhopfitness.com](http://www.sockhopfitness.com).

Foreman, Jill  
City Gym Gymnasium  
4433.300 16yrs to 60yrs 6/21 - 8/30 7:15pm-8:15pm Tu \$72

Foreman, Jill  
Edison Community Center Hall A  
4446.300 16yrs to Adult 6/22 - 8/31 6:45pm-7:45pm W \$72

## FITNESS: ZUMBA®

Zumba® is a fusion of Latin and international music with dance themes that create a dynamic, effective fitness system! Zumba® utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and body toning. It is a mixture of body sculpting movements and dance steps. For more information, visit [www.ocbodybusiness.com](http://www.ocbodybusiness.com)

Body Business  
Murphy Community Center Hall A  
4464.300 Adult 6/25 - 7/23 9:00am-10:00am Sa \$49  
4464.301 Adult 8/6 - 9/3 9:00am-10:00am Sa \$49  
4464.302 Adult 6/22 - 7/20 7:30pm-8:30pm W \$49  
4464.303 Adult 8/3 - 8/31 7:30pm-8:30pm W \$49

## FITNESS: ZUMBA® GOLD

It's different, fun and effective! Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout -- join the party! One day drop-in fee for any class - \$10.

Foreman, Jill  
Rodgers Senior Center Hall A & B  
4373.301 16yrs to Adult 6/25 - 7/23 9:00am-10:00am Sa \$38  
4373.302 16yrs to Adult 7/30 - 8/27 9:00am-10:00am Sa \$38  
4373.303 16yrs to Adult 6/25 - 8/27 9:00am-10:00am Sa \$65

## FITNESS: ZUMBA® TONING

The perfect way to sculpt while having a total blast! Zumba® Toning combines body-sculpting exercises and high-energy cardio with Latin-infused Zumba® moves for a calorie-torching, strength training dance fitness-party. Lightweight, maraca-like Sticks can be purchased or contact instructor for directions on how to make your own. Suggested: toning sticks, yoga mat. No class July 4

Foreman, Jill  
Edison Community Center Hall C&D  
4489.300 16yrs to Adult 6/20 - 8/29 5:45pm-6:30pm M \$52  
4489.301 16yrs to Adult 6/22 - 8/31 7:50pm-8:35pm W \$58

## FREE YOUR MIND

Happier! Healthier! Wiser! Very Practical! New lifestyle of peace and harmony - quickly releases fear, anger, depression, etc. Reducing stress and clearing out minds allows us to live now! Please be prompt, bring notebook and pen.

Caldwell, Sunny  
Rodgers Senior Center Hall C  
4375.301 Adult 7/7 - 7/28 6:30pm-8:00pm Th \$35  
4375.302 Adult 9/8 - 9/29 6:30pm-8:00pm Th \$35

## GOLF: GROUP LESSONS BEGINNING

Enjoy the game for a lifetime. Learn the basic fundamentals involved in short game, full swing, understanding basic rules and etiquette. Classes taught at Meadowlark Golf Course, 16782 Graham St., by P.G.A. professionals. Equipment available. Classes limited to 10 students. Class Taught by Darren Ernst.

Evergreen, Alliance Golf  
Meadowlark Golf Course  
4377.301 17yrs to Adult 7/27 - 8/17 11:00am-12:00pm W \$99  
4377.302 17yrs to Adult 6/23 - 7/14 6:00pm-7:00pm Th \$99  
4377.303 17yrs to Adult 8/4 - 8/25 6:00pm-7:00pm Th \$99

## KARATE: PRACTICAL MARTIAL ARTS

Learn some of Korea's elite martial arts. Self defense, joint manipulations, grappling, kickboxing and weapons. Great for developing discipline, confidence and respect. Very traditional martial arts with a modern approach to the curriculum.

Betance, Justin  
Murphy Community Center Hall B  
4441.300 16yrs to Adult 6/22 - 8/25 7:30pm-8:30pm W Th \$150

## KARATE: TAE KWON DO

Develop coordination, improve balance, and achieve total fitness and self-defense while increasing self-confidence. Uniforms will be available for purchase from instructor. No class July 4th.

Tillekhoo, Kiavash  
City Gym and Pool Room B  
4381.301 13 to Adult 6/20-8/29 7:15pm-8:00pm M \$110  
4381.302 13 to Adult 6/21-8/30 7:15pm-8:00pm Tu \$119  
4381.303 13 to Adult 6/22-8/31 7:15pm-8:00pm W \$119  
4381.304 13 to Adult 6/23-9/1 7:15pm-8:00pm Th \$119

## KARATE: TRADITIONAL JAPANESE KARATE-DO ADULT

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor.

Nishimura Shoji, Wadoryu USA  
Edison Community Center Hall A  
4383.300 16yrs to Adult 6/23 - 9/1 7:30pm-8:30pm Th \$100

## KARATE: WOMEN'S KARATE AND KICKBOXING

Women helping women in a positive, casual environment. Taught by a woman black belt instructor. Students learn at their own pace, having the option to test for belt advancement. Gain strength and self confidence while having fun!

Fitness Specialties  
Murphy Community Center Hall A  
4382.300 13yrs to Adult 6/22 - 8/24 6:00pm-7:00pm W \$69

## Parks & Recreation...

## "Builds Confidence"

...The Benefits Are Endless



# Adult & Teen Classes

## MARTIAL ARTS FOR ADULTS

Students will be introduced to the basics of Tang Soo Do Karate. Basic blocks, kicks, punches, and forms will be featured. Opportunities for advancement. One class per week, \$75; two classes per week, \$110.

Cardinal, Frances Rodgers Senior Center Hall B

4385.301	Adult	6/21 - 8/30	6:00pm-7:30pm	Tu	\$75
4385.302	Adult	6/23 - 9/1	6:00pm-7:30pm	Th	\$75
4385.303	Adult	6/21 - 9/1	6:00pm-7:30pm	Tu Th	\$110

## MUSIC: BEGINNING VOICE CLASSES

Students are taught basic theatre skills as well as vocal techniques and put them into practice in a small scale-musical play. A performance for family and friends will be held at the end of the session. \$25 materials fee due at first class.

Kids Music N' Motion Harbour View Clubhouse

4485.300	14 yrs to Adult	6/20-8/15	6:45pm-7:30pm	M	\$125
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## MUSIC: ROCKSTAR GUITAR ADULT

Learn how to play your favorite songs. This beginner's only class will teach you rhythm and lead guitar. Learn chords, scales, and theory; also, learn how to recognize patterns when listening to music. \*Please bring your own guitar and see receipt for materials list. \$10 material fee due at first class. No class July 2 & 9.

Rockstars, Music Studios Rockstars Studios 18582 Beach Bl. #214

4387.301	13yrs to Adult	6/25 - 7/30	9:30am-10:00am	Sa	\$55
4387.302	13yrs to Adult	8/6 - 8/27	9:30am-10:00am	Sa	\$55

## MUSIC: UKULELE 101 BEGINNING

Learn 10 songs in 10 minutes! No prior musical training necessary. This is a hands-on class and you will be amazed by what you learn. Bring your uke and plan to have fun! No class July 5 or August 2.

Price, Don Rodgers Senior Center Hall E

4390.301	Adult	6/21 - 8/9	9:30am-10:30am	Tu	\$49
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## MUSIC: UKULELE 102 THE NEXT STEP

A 2nd class for learning to play the ukulele. Learn new strumming techniques. Learn to recognize chord patterns. Learn simple chord melodies and tips and tricks to enhance your playing skills. No class July 5 or August 2.

Price, Don Rodgers Senior Center Hall E

4391.301	Adult	6/21 - 8/9	10:45am-11:45am	Tu	\$49
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## QIGONG (CHINESE YOGA)

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential.

Walker, Don Lake Park Clubhouse

4491.300	Adult	6/23 - 8/4	1:00pm-2:15pm	Th	\$49
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## RUNNING: COMPLETING A 5K

All Star Running will lead beginner runners using the run/walk method to get all participants to the finish line safely. Each runner will receive a training schedule along with instructional clinics on proper training, nutrition, injury prevention, shoe fitting and motivation. The group will be training to the 5k distance.

Jaramillo, Carla Edison Community Center Picnic #1

4474.300	14yrs to Adult	6/20 - 8/24	6:00pm-6:45pm	MW	\$110
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## SKATING: ICE ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class, and three additional skating passes to be used during the 4-week session. No class June 29th.

Westminster ICE 13071 Springdale, Westminster

4436.301	17yrs to Adult	6/22 - 7/20	6:45pm-7:15pm	W	\$35
4436.302	17yrs to Adult	8/3 - 8/24	6:45pm-7:15pm	W	\$35

## SONG AND DANCE WORKSHOP

Both men and women, let's enrich our souls, awaken our inner child and improve our fitness with fun, choreographed "song and dance" numbers from past and present. From "Singing in the Rain" to today's hit TV show "Glee." Please wear comfortable clothes and tennis or jazz shoes. No experience necessary. No class July 4th.

Caumiant, Michelle Rodgers Senior Center Hall D

4495.300	Adult	6/20 - 8/29	2:00pm-3:30pm	M	\$120
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## SPANISH FOR FUN AND FOREVER BEGINNING

Using recipes for clear, concise communication without difficult verb conjugation, the student can easily express his message in Spanish. The class is packed with visuals, songs, rhymes, movement activities and games. Each student receives color visuals for mastery of the current vocabulary.

Blades, Murnez Rodgers Senior Center Hall E

4399.301	Adult	7/14 - 9/1	3:00pm-4:00pm	Th	\$92
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## SPANISH FOR FUN AND FOREVER INTERMEDIATE

Building upon what they have learned in the previous sessions, the students continue using the recipe system and build upon it. They begin to learn a few of the finer points of communication and become more fluent.

Blades, Murnez Rodgers Senior Center Hall E

4400.301	Adult	7/14 - 9/1	4:15pm-5:15pm	Th	\$92
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## STAND UP PADDLING (SUP)

Certified SUP Instructor will teach this addicting new sport! Emphasis on the recreational and fitness advantage of a sport that provides an excellent core workout. Get flexible and fit, flatten your stomach and burn fat, while "walking on water"! Lecture plus one-hour pool session included. Equipment provided. Non-swimmers prohibited.

Surf Academy Marina High Pool

4498.301	13yrs to Adult	6/24	7:30am-8:50am	F	\$26
4498.302	13yrs to Adult	7/15	7:30am-8:50am	F	\$26

## SURFING: LEARN TO SURF

Learn basic techniques of surfing and begin to enjoy one of the city's best resources. This beginning class stresses beach safety and fun while you learn the basics of paddling, catching and riding waves. Students must be able to swim and be at least 10 years of age. www.hbsurfschool@yahoo.com

Sharp, Bill Beach Service Center -south side of pier

4403.301	10yrs to Adult	7/16 - 7/31	8:00am-9:30am	Su Sa	\$180
4403.302	10yrs to Adult	8/13 - 8/28	8:00am-9:30am	Su Sa	\$180
4403.303	10yrs to Adult	9/3 - 9/18	8:00am-9:30am	Su Sa	\$180

## TAI CHI CHUAN BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes.

Pham, Elizabeth Rodgers Senior Center Hall B

4407.301	Adult	6/23 - 8/11	9:00am-10:30am	Th	\$54
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# Adult & Teen Classes

## TAI CHI CHUAN INTERMEDIATE/ADVANCED

Howe, Shona      Rodgers Senior Center Hall B  
4499.301    Adult    6/23 - 8/11    9:00am-10:30am    Th    \$54

## TAI CHI FOR HEALTH

Relax, balance, and revitalize your body, mind and life force. Not a martial art or religion. The graceful, flowing movements improve health by toning muscles, increasing flexibility and aligning the body through a systematic release of stress. Instructor has a Tai Chi Masters teaching credential.

Walker, Don      Edison Community Center Hall B Hall B  
4404.300    Adult    6/21 - 8/2    1:00pm-2:15pm    Tu    \$49

## TAI CHI WALKING

First class is free. Increase the benefits of walking by including the mindful principles of the fluid, flowing movement of Tai Chi. You'll soon walk farther, faster, with less effort, and no injury while gathering vital life force.

Walker, Don      Lake Park Clubhouse  
4435.301    Adult    7/11 - 8/8    1:00pm-2:15pm    M    \$45

## WOMEN'S VOLLEYBALL

Tuesday is Intermediate/Advanced: Women's competitive league play! Thursday is a beginner's class: Basic setting/bumping/serving drills and fun game playing.

DiGiovanni, Joann Nalani      City Gym Gymnasium  
4409.301    Adult    6/21 - 8/30    9:30am-12:30pm    Tu    \$66  
4409.302    Adult    6/23 - 9/1    9:30am-12:30pm    Th    \$64

## YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket. No Class July 4th and 11th.

Carmichael, Yvonne      City Gym Room A  
4410.300    16yrs to Adult    6/20 - 8/29    11:00am-12:30pm    M    \$87

## YOGA: EDISON COMMUNITY CENTER

Yoga unites body and mind to promote therapeutic health benefits. Practice may reduce blood pressure, stress and regulate nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring a mat and towel or blanket. Instructor Diane Pavesic is a certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane      Edison Community Center Hall C & D  
4411.300    Adult    7/6 - 8/24    4:30pm-5:30pm    W    \$60  
4411.301    Adult    7/6 - 8/24    5:45pm-6:45pm    W    \$60  
4411.302    Adult    7/6 - 8/24    7:00pm-8:00pm    W    \$60

## YOGA: GENTLE YOGA FOR EVERYONE

Learn to create balance with proper breathing, body alignment/posture, restore flexibility and learn technique in asana. A specially designed yoga class to strengthen the entire body from fingertips to toes while supporting the body as a whole. A traditional small class, giving individual attention to each student. No class July 2nd.

HelpYourHealth, RoxAnn Madera      City Gym Room B  
4492.300    15yrs to Adult    6/25 - 8/20    10:00am-11:00am    Sa    \$90  
4492.301    15yrs to Adult    6/25 - 8/20    11:00am-12:00pm    Sa    \$90  
4492.302    15yrs to Adult    6/22 - 8/17    7:45am-8:45am    W    \$100

## YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck, etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. No class July 4th and 6th.

Jacki King - RYT, CYT      Murdy Community Center Hall A  
4417.301    Teen to Adult    6/27 - 8/22    6:00pm-7:00pm    M    \$60  
4417.302    Teen to Adult    6/27 - 8/22    7:15pm-8:15pm    M    \$60  
4417.303    Teen to Adult    6/29 - 8/24    4:00pm-5:00pm    W    \$60

Carmichael, Yvonne      Murdy Community Center Game Room  
4418.300    16yrs to Adult    6/24 - 8/26    10:30am-12:00pm    W F    \$87  
4418.301    16yrs to Adult    6/22 - 8/24    10:30am-12:00pm    W    \$87

Holden, Susan - RYT, CYT      Murdy Community Center Hall A  
4450.300    16yrs to Adult    6/21 - 8/23    5:30pm-6:45pm    Tu    \$67

## YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 1st Street and PCH, next to Lifeguard Headquarters. Please bring a yoga mat or towel.

Stevenson, Sarah      Beach at 1st Street  
4414.301    Adult    6/25 - 9/3    9:00am-10:00am    Sa    \$89

## YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Pavesic, Diane      Rodgers Senior Center Hall E  
4413.301    Adult    7/7 - 8/25    10:00am-11:00am    Th    \$60  
4413.302    Adult    7/7 - 8/25    11:00am-12:00pm    Th    \$60

